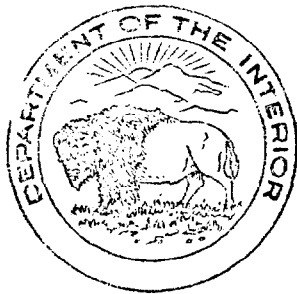


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FISH AND WILDLIFE SERVICE

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ROSEFISH IS POPULAR LENTEN SPECIES

Rosefish, one of the least known among the major products of the United States fisheries, probably will supply more fish dinners during the Lenten period than any other species, according to the Fish and Wildlife Service.

Production of rosefish has now attained such volume that the 1946 catch was the largest in history--180,000,000 pounds--and far exceeded production of such fresh fish staples as cod and haddock. Despite the fact that more rosefish now are sold in fresh fish markets than any other species, comparatively few people are familiar with its name. The reason, says the Fish and Wildlife Service, is that practically all rosefish is sold in filleted form, and most people buy fish fillets without asking their identity.

The large production of rosefish in 1946 was in part due to the unusually mild weather on the North Atlantic fishing banks last fall. Boats fishing out of Boston, Gloucester, Portland, and Rockland, chief rosefish ports, were able to continue intensive operations well into the period when ice and gales ordinarily reduce fishing to a minimum.

The fishery for rosefish, carried on from Cape Cod to eastern Nova Scotia, now ranks sixth in production among all fisheries in the country; nevertheless, as recently as the early 1930's rosefish was a seldom marketed species. From 264,000 pounds in 1933, landings soared to 115,000,000 pounds ten years later and

have continued at such a high level as to give rosefish first rank among New England fisheries for several years.

Behind the phenomenal "success story" of the rosefish is the development of fish filleting, a process which came into wide use about 1930 by which slices of firm meat, minus bones and waste, are cut from the sides of the fish and packaged. Fishermen who had once thrown rosefish away now found an almost unlimited market for the filleted product and catches mounted accordingly.

Fishery experts of the Service gave a tip on identifying the rosefish in filleted form: rosefish fillets are small--about eight to a pound--with a mottled reddish or pink skin that makes them easy to distinguish from other fillets. Rosefish has a firm flesh; when cooked the meat is white and flaky.

Cookery experts of the Fish and Wildlife Service suggest preparing rosefish fillets by the following methods. The rosefish used in testing the following recipes were frozen fillets which were thawed before cooking.

Oven-Fried Rosefish Fillets

2 pounds rosefish fillets	1 cup bread crumbs
1 teaspoon salt	4 tablespoons butter
1 cup milk	or other fat, melted

Add salt to milk and mix. Dip fillets into the milk, roll in crumbs, and place in a well greased baking pan. Sprinkle each fillet with melted fat. Bake in a very hot oven 500°F. and for 8 to 10 minutes or until fish is browned and flakes easily when tested with a fork. Serve immediately on a hot platter, plain or with a sauce. Serves 6.

Rosefish Fillets Baked in Spanish Sauce

2 pounds rosefish fillets	1 bay leaf
1 medium onion, sliced	1 teaspoon salt
3 tablespoons fat or salad oil	1 whole clove
2 tablespoons flour	1/2 teaspoon sugar
2 cups canned tomatoes	Dash pepper
1/2 green pepper, diced	

Cook onion in fat until tender. Add flour and blend. Add all the remaining ingredients except fish and cook, stirring constantly until thickened. Remove bay leaf and clove. Arrange skinned fillets in a shallow greased baking dish and cover with sauce. Bake uncovered in a moderate oven 350°F. for 25 to 30 minutes, or until fish flakes easily when tested with a fork. Garnish and serve hot. Serves 6.

Rosefish Salad

2 cups cooked flaked rosefish
1/2 cup mayonnaise or salad
 dressing
1/2 cup celery, diced
1/2 cup peas
2 tablespoons sweet pickle, diced

2 tablespoons onion,
 chopped
2 hard cooked eggs, diced
1/8 teaspoon pepper
1/2 teaspoon salt

Being careful not to break fish into too small pieces, combine all ingredients and serve on lettuce cups. Garnish with tomato wedges. Serves 6.

Rosefish Chowder

2 pounds rosefish fillets
4 tablespoons bacon, diced
3/4 cup onion, diced
2 cups hot water

2 cups potatoes, diced
4 cups milk
1 1/2 teaspoon salt
1/8 teaspoon pepper

Cut fillets into one inch pieces. Fry bacon in kettle until crisp and browned. Add onion and cook until slightly browned. Add water and potatoes and cook 10 minutes or until partially tender. Add the rosefish and cook until it can be flaked easily with a fork. Add milk and seasonings and heat. Sprinkle top with chopped parsley and serve immediately. Serves 6.

Frozen fish should be kept in the freezing compartment of the refrigerator until needed. To prepare for cooking, they may be placed in a warmer part of the refrigerator overnight, or they may be thawed more quickly at room temperature. Fish that are to be fried need not be thawed but cooking time should be increased.

Other recipes for the preparation of rosefish fillets such as baked, stuffed, boiled, or creamed rosefish, rosefish turbans or rosefish loaf may be obtained by writing the Fish and Wildlife Service, Washington, D. C., and asking for Bulletin E.L.2.

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